

## **Grit and Grace: Emotional and Spiritual Growth Work for Creativity**

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My creativity is enriched by years of emotional and spiritual growth work. Some of the work I've done has focused on:

- Knowing myself – my blocks, insecurities, wellsprings, and delights
- Cultivating kindness, compassion, and an appreciation of the interconnectedness of all people
- Cultivating wonder, humility, and gratitude
- Grasping that (1) I have gifts for the world and (2) I will generate them through my creativity
- Cultivating courage
- Cultivating curiosity for its own sake
- Striving to listen at least as much as I talk (that one's difficult)
- Finding out what moves me and makes me grateful, hopeful, and energized
- Trusting my creative process; knowing when it's time to work and when it's time to rest
- Cultivating a passion for taking risks; being willing to try and fail and try again
- Learning to love mistakes
- Learning to go off on tangents without needing them to lead somewhere
- Learning to love contradictions, especially the both/and kind
- Learning how to take down the barriers I spent years building up to protect me from harm when those barriers are preventing me from connecting with others
- Learning how to soothe myself when I'm triggered, stressed or defensive
- Building up resilience and becoming comfortable with discomfort
- Challenging my hypervigilance and seeking softness
- Seeking to be awake to the complex plethora of delight and brokenness that is life
- Cultivating a relationship with the sacred as I understand the sacred

Consider reflecting on the following questions:

1) What emotional growth work have you already done? What is left to do? What's your first next step in this area?

2) How has your prior emotional growth work been useful for your creativity? How do you imagine that the next emotional work ahead for you will be useful for your creativity?

3) What resources are available for you to continue your emotional growth work?

4) What spiritual growth work have you already done? What is left to do? What's your first next step in this area?

5) How has your prior spiritual growth work been useful for your creativity? How do you imagine that the next spiritual work ahead for you will be useful for your creativity?

6) What resources are available for you to continue your spiritual growth work?